

## The “Official” No-Eats List

### *A List of Food to be Avoided During Your Orthodontic Treatment*

#### GUM

Bubble Yum  
Bubble Gum  
Trident  
Freedent  
Sugarless Gum  
Any Gum

#### TAFFY

Laffy Taffy  
Airheads  
Starburst  
JuJuBes  
Gummy Bears  
Now and Laters  
Jellybeans  
Licorice  
Rocks  
Gummy Savers

#### CARAMELS

Kraft Caramels  
Caramel Apples  
Tootsie Rolls  
Raisins  
Sugar Daddies  
Marathon Bars  
Snickers  
Milk Duds

#### HARD ITEMS

Ice Cubes  
Pens/Pencils  
Whole Apples  
Whole Carrots  
Celery Stalks  
Popcorn Seeds  
Hard Pretzels  
Hard Taco Shells  
Hard Corn Chips  
Nuts of all kinds  
Hard Bagels  
NO POPCORN

In addition to all of the above comes the group called **SWEETS**. Sweets can be eaten but it is very important that you brush or rinse your mouth ***immediately*** after eating them. The sweets will not cause damage to your braces, but they will cause damage to your teeth. This is how white spots form on your teeth while wearing braces.

Should you have a brace come loose before an appointment, please call the same day that you find out that it is broken. We are not going to be upset with you, but we do want to make sure that we have enough time to fix it during your regularly scheduled appointment. Some broken brackets can wait to be fixed while others need to be repaired as soon as possible.

The last thing that we would like you to know is that when you ***bend your wires or knock a brace loose***, you run the risk of making your ***treatment take longer***. If you chew gum, you probably won't break anything but it will make it more difficult for the teeth to move past each other which means the ***treatment will take longer***. If you cheat, you will only be cheating yourself in the end. Just remember these things from the start and you should finish your treatment on time.